

Rice Pudding

Cook time: 55 minutes

Makes: 8 servings

Ingredients

1 cup milk, whole
1 cup water
1 cup rice, uncooked
2 egg (large)
1 cup milk, evaporated
1 teaspoon vanilla
1/4 cup sugar
1/8 teaspoon cinnamon (ground)

Directions

1. In a saucepan, heat milk and water.
2. Add rice, bring to a boil, lower heat to simmer; stir mixture every 10 minutes. Cook covered until rice is tender, about 30 minutes. Make sure heat is very low for this step and watch for boil-overs.
3. In a large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining 1/4 cup evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

USDA, Center for Nutrition Policy and Promotion (CNPP), Recipes and Tips for Healthy, Thrifty Meals, 2000

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	4.5 g	7%
Protein	6 g	
Carbohydrates	29 g	10%
Dietary Fiber	0 g	0%
Saturated Fat	2.5 g	13%
Sodium	65 mg	3%